

As you may be aware, our economy is officially in a recession and this is a very challenging period for families. Toward that end, there are numerous town and community resources which may be of support during these times.

#### **▶** Needham Youth Commission

Financial concerns can be stressful on all members of a family. Free confidential counseling can assist parents and youth in gaining a healthy perspective (we also offer many free programs for youth and parents). Learn more by contacting the Youth Commission at 781-455-7518 or online at: <a href="https://www.needhamma.gov/youthcommission">www.needhamma.gov/youthcommission</a>.

### Needham Public Library

Dozens of services and programs are offered for free at your library in addition to books. Take out a DVD for free, use computers for free, attend a program for free, and/or get a day pass to a local museum for free. Learn more by contacting the Needham Public Library ay 781-455-7559 or online at: <a href="https://www.needhamma.gov/library">www.needhamma.gov/library</a>.

## Needham Health Department

The Needham Health Department coordinates a range of programs such as fuel assistance, the Good Neighbor Program, and many other free or low cost supports for eligible residents. Learn more by contacting the Needham Health Department at 781-455-7523 or online at: <a href="https://www.needhamma.gov/health">www.needhamma.gov/health</a>.

## **▶** Needham Council on Aging

The Needham Council on Aging is dedicated to making a positive impact on the lives of residents of all ages. Our professional staff offers individually tailored counseling, case management, information, and referral services to a variety of resources including financial, fuel and utility assistance programs. Learn more by contacting the Needham Council on Aging at 781-455-7555 or online at: www.needhamma.gov/coa.

#### Needham Assessor's Office

The Needham Assessor's Office can answer questions about your property taxes, as well as providing information on statutory exemptions, tax deferrals and eligibility. Learn more by contacting the Needham Assessor's Office at 781-455-7507 or online at: www.needhamma.gov/assessors.

### **▶** Needham Public Schools

The Needham Public Schools can assist financially struggling families and students in a number of ways. Please contact a Guidance Counselor for ideas about resources both in schools and the community — simply call your school and speak to the counselor assigned to your child. Also eligible families can apply for the free or reduced lunch program; applications are available online at: <a href="http://district.needham.k12.ma.us/ss">http://district.needham.k12.ma.us/ss</a> food service.htm or contact Ruth Griffin at 781-455-0400.

# ► Civic Community Supports — such as the Needham Community Council

The Needham Community Council is here for residents! The food pantry is open Wednesdays from 10:30 – 4:00 & 5:00 – 7:00, and programs such as the medical equipment loan program, courtesy van & medical appointment transportation, holiday outreach, and English as a Second Language are offered for free. Learn more by contacting the Community Council 781-444-2415 or online at: www.needhamcommunitycouncil.org.

## **▶** Religious Community Supports

Needham's houses of worship offer a variety of supports to the community during these difficult economic times. Most offer emergency supports (financial, networking assistance, or other) as well as specific programs such as "Steps to Success" (this is for youth who are the first in their family to aspire to attend college). Please contact your local church/synagogue and/or the Needham Clergy Association President, Jay Perlman at 781-444-0077 or jperlman@tbsneedham.org for further information.